



newsletter

Welcome to the 14th Edition of The White Ensign Association's Newsletter



Temporary Shore Duty

Change and uncertainty seem to abound at present and the WEA are not immune. Notwithstanding the understandable changes in work patterns and the way we interact with clients and supporters as a result of the COVID pandemic, we must now swap our sea legs (well Thames legs) for a bout of shore time. HMS BELFAST, our home for almost 50 years, is embarking on a significant maintenance programme over the next 8 months or so, and it has been decided to move ashore in order to minimise disruption to our business and get out from under the feet of the engineers onboard. To this end we have swapped working in the shadow of the BELFAST's 4 triple turrets of 6" guns to that of the 2 single 15" naval guns (originally from HMS RAMILLES and HMS RESOLUTION) that are mounted in front of the Imperial War Museum, where until the Spring of 2021 we have been provided a suite of offices before we return once more to our berth in the Pool of London. Whilst we are in a different location we still offer the same warm welcome to any visitors who prefer physical, if socially distanced, meetings to that offered through digital means.



At the moment all of us face disruption and must adapt to the circumstances that emerge as a result – our industry partners are experiencing uncertainty, restrictions and opportunities depending on their sector, those transitioning from the Royal Navy, are facing similar challenges. Only 9 months ago the UK has, by many measurements, experiencing full employment and thus choice and opportunity abounded for those leaving the service particularly for those who invested time and research in identifying where their skills were in demand most. At the present the employment market has changed dramatically with far more people chasing fewer jobs, nevertheless service leavers and veterans should not fear such an environment as long as they take the time to understand what abilities they possess and how to leverage them to best effect. Compromise in terms of anticipated remuneration, contract type or location of work may have greater prominence in final decisions but fundamentally the skills learnt and gained during a career in the Royal Navy, no matter of what length, still makes the sailor and marine an excellent addition to any work force. The WEA's challenge, along with that of our supporters and partners is to ensure that

those who seek our assistance understand what they have and how to demonstrate their value to a potential employer. There are still many success stories to take heart from.



John Lavery
Chief Executive

Come on board

Babcock Team 31 has been contracted by the UK Ministry of Defence to deliver five Type 31 frigates. The contract, awarded in November 2019, signalled another decade of ship design and build activity for Babcock's Rosyth facility.

Engineering Insight and digital transformation is at the heart of the Rosyth site. Investment in our facilities include the installation of advanced manufacturing equipment and new technologies in planning, material management, productivity and transition from design and build to through life support.

Babcock Team 31 is mobilised in Rosyth, Bristol, Devonport and Crawley with further opportunities to support the growth of the programme in readiness for build at Rosyth in 2021. Opportunities include professional and managerial positions in commercial, supply chain, project management, engineering and design, as well as operational roles throughout the life of the programme.

To find out more please visit:

www.babcockinternational.com/what-we-do/marine/defence/type-31

If you would like to view current vacancies or sign up for job alerts please visit:

jobs.babcockinternational.com

Join us to be part of the team delivering the next generation of frigates to the Royal Navy.



Finding peace and clarity amidst the noise and uncertainty.

by Anna Keeble



Gazelle



Today's World

We are living in uncertain times. We are seeing organisations make redundancies, increasing the uncertainty for individuals affected, placing strain on those making tough decisions and increased pressure for those left behind.

We are having to adapt to new working conditions, businesses pivoting and new ways of working. We are facing a rise in mental health challenges, of burnout and increased risk of lifestyle related diseases such as stroke, diabetes, cardiovascular disease, cancer and more. It has never been more important to take care of ourselves and each other; to support our own health and boost our immunity.

Employers have an opportunity to act to support the mental and physical wellbeing of their people for the good of the individual and the organisation. Not only is it good for productivity, but it is the right thing to do.

I wanted to share my work with you in case I can be of any support now or in the future. Either through Gazelle Partners, which seeks to optimise resilience, wellbeing and performance for business units and entire organisations. Or through my private practice which offers the same approach to individuals in or out of the corporate world.

My Story

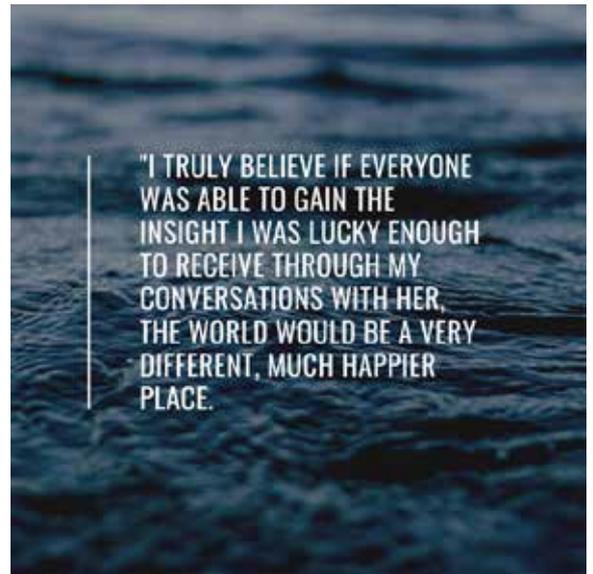
My career path has not been conventional but I am a firm believer that way leads on to way and we don't always know or need to know why we are where we are. It will become clear when it needs to and so it has for me.

I studied Theology at Bristol University, started my working life in investment banking at Goldman Sachs and then moved into financial PR looking after pharma and biotech companies. I took a year out to go to a drama school in London to fulfil a dream, trained as a Level 4 PT, gained some nutrition qualifications and set up a personal training business. Then 8 years ago I co-founded Gazelle and more recently my own private practice, which I run alongside. I am trained in an understanding of the mind based on modern psychology and currently studying for a degree in nutritional therapy.

Each chapter has given me a set of experiences, knowledge and skills that are so valuable in supporting the mental and physical wellbeing of individuals to enable their flourishing.

Understanding How Your Mind Works

In my ten years of working closely with thousands of individuals, what has struck me the most is that everyone is struggling with something, to a greater or lesser extent. And that nine times out of ten that struggle is a result of our own thinking and the assumption that our experience is coming from the outside in – we innocently assume that external circumstances (for example, the pressure of service/command, uncertain times, demanding roles, juggling family and career, difficult relationships or a pedantic boss) cause us to feel the way we feel – often stressed! The moment an individual sees that their experience can only ever come through their thinking everything starts to change. They see that they no longer need to be a victim of their circumstances. They see that they have choice.



Wherever you believe it has come from, we have all been given the power of thought. Each situation we are in will trigger thought but alongside it we have also been given the free will to choose which thoughts we place our attention on. Without attention a thought cannot exist. This opens up the possibility of a different experience in any situation.

We don't need to swap thoughts or focus on positive thoughts we just need to see the true nature of thought and the choice available to us in any moment. When you see the true nature of thought, anxious thinking, frustrated thinking, angry thinking all start to carry less weight. As they start to carry less weight we find it easier to access the peace and clarity that is our default state of mind; the state of mind that is best suited to deal with the challenging circumstances we might find ourselves in.

This is not to belittle challenging circumstances but rather to help individuals access an innate state that gives them direct access to qualities of the mind that will help them navigate through. And when we listen from this clear state of mind (in the absence of our bias, preconceived ideas, own personal thinking), relationships change, communication improves, collaboration becomes easier. People start to have greater compassion and respect and understanding for each other.



Innate Mental Wellbeing

This understanding of how the mind truly works leads an individual back to their own innate mental wellbeing. When you access this space, you find freedom from stress, anxiety, depression, PTSD, OCD and more whilst simultaneously accessing all the great things at the other end of the mental health spectrum; wisdom, clarity, peace, resilience, confidence, creativity, innovation; all innate qualities of the mind and all without anything changing

externally. When you see this, you see that you have the freedom to create a different experience in any moment. That not only brings relief, but it brings hope.

Gazelle Partners

Gazelle combines two powerful tools for mental agility, wellbeing and performance:

- an anti-inflammatory and immune-boosting lifestyle approach supported by functional medicine-based habit change and
- a stress-reducing and resilience-building modern psychology that wakes up resilience, mental health and creativity



Through Gazelle Partners we can support teams, business units, organisations in a variety of ways;

- Individual coaching,
- Group Workshops & Masterclasses
- Train the trainer programmes and
- Gazelle Digital; our recently launched hyper personalised digital wellbeing programme offering a cost-effective scalable solution whilst maintaining the integrity of what we deliver on a 121 basis.

We work globally with clients such as Accenture, British Land and Google.

My Private Practice

In my own private practice individuals come to me for a variety of reasons. One thing that is common across all, is that they all benefit from being truly heard and shown how to access what is already innate. My clients range from global business leaders wanting to be more effective leaders to teenagers experiencing disordered eating, anxiety, self-harm or depression and a broad range in between.

Sessions are run virtually; the frequency depends on the individual but usually 1 or 2 times per week initially. Over time the frequency reduces. I also provide daily support over text; I want my clients to feel like I am walking alongside them for the time that they need.

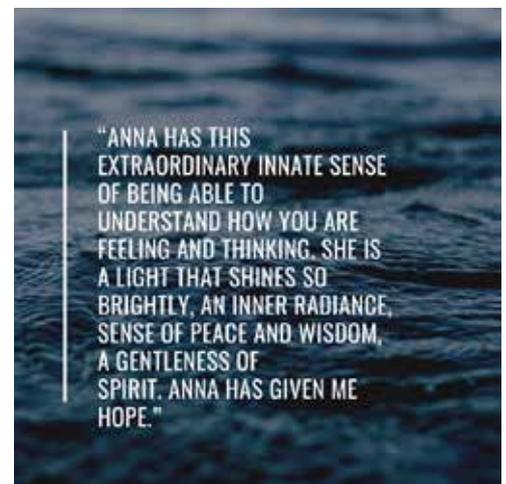
Call to Action

If you are struggling or know someone who is struggling or you are a business leader who wants to boost immunity, resilience, wellbeing and ultimately improve performance and productivity, please do get in touch; I would love to hear from you.

Anna Keeble (BA Hons, MA Hons)

Email: anna@annakeeble.co.uk or Call on 07879 818876

Websites: www.annakeeble.co.uk and www.gazellepartners.com





ST. JAMES'S PLACE
ACADEMY

Looking at your next career options?

*Retrain to become a financial adviser with
St. James's Place – what's involved?*

The SJP Academy provides an exciting, fully funded and supported career change opportunity. So if you've ever thought about being self-employed and like the thought of building long-term relationships with clients, helping them to make decisions about money to build financial stable futures, retraining with us to become a qualified financial adviser offers you a brand new career path. You'll be in control of your own financial future and work-life balance. During the period from when COVID-19 impacted our world, we're delighted to have helped 48 new business start-ups – each has been established by graduates from our Academy programme.

We're often asked what sort of skills are needed to be successful at helping people achieve their life and personal goals by the most tax-efficient route possible. These are the core skills we look for and no previous financial services experience is required:

- An ability to build close relationships with clients
- Applying expertise and judgement
- Analysing information
- Deciding and initiating action
- Presenting and communicating information
- Entrepreneurial and commercial thinking
- Achieving personal work goals and objectives

In addition, since COVID-19, the ways our financial advisers deliver their services had to change and it's important they're confident in using a variety of mediums to deliver the regular contact and a personal service that clients expect. This might be through face-to-face interaction, through video conferencing and virtual meetings, presenting on virtual stages in webinars - integrating technology and tools to make practical efficiencies on a day-to-day basis. For example, now being able to screen share in meetings has enabled a more engaged conversation between a client and their adviser, as the client can see what's happening just as if they were with their adviser in person. We feel it's worth investing in developing these skills now as they will still be relevant and important in the future as we all adapt to the 'new normal'.

The Academy has had to make a major shift in how it delivers training - after rapidly accelerating the development of the remote learning elements of the programme, it's now working more flexibly in support of the hundreds of our 'on programme' Academists spread across the country, who could no longer attend the first phase of training - the face-to-face sessions held in an Academy location. Both a Mentor and a Development Manager continue to fully support each Academist and this support continues even after they've graduated from the Academy and running their own financial planning and wealth management business.

What lies ahead?

At the start of lockdown, St. James's Place had to postpone the planned Academy intakes for the remainder of 2020 and instead, it focused all attention on supporting hundreds of people who were on our career change programme across the UK, and we're currently on 'pause' but looking to recommence in 2021. Our application and selection process continues and our teams have been conducting all interactions virtually with potential candidates.

If you're interested in exploring a rewarding career that makes a difference to others' lives then please:

- visit our website to find out more: www.sjp.co.uk/academy
- watch this video: <https://www.sjp.co.uk/academy/what-is-the-academy/news/sjp-forces-into-finance>
- contact Ken Kong for an informal chat on 07880 468797

Financial planners help people protect the present and plan for the future, in order to create a sense of financial wellbeing – how exciting and rewarding is that!

Jason Flood, Academy Director: *“We're proud to have helped so many advisers break into the industry since 2012, but particularly in the current business landscape it's an immense achievement to have supported new businesses and helped with job creation. Our Academy graduates have been forced to adapt their initial plans, such as shifting face-to-face meetings to virtual ones, and it's really impressive how they have overcome these challenges. We set up the Academy with the goal of encouraging more people into the financial advice profession, so we look forward to seeing these newly appointed business owners become the financial planning employers of the future as their businesses grow.”*



ST. JAMES'S PLACE
ACADEMY

www.sjp.co.uk/academy

CHANGE YOUR CAREER... NOT YOUR SKILLS

Leadership. Discipline. Communication.

The skills you acquired to become an officer or NCO within the Royal Navy or Royal Marines are shared by many of our Academy graduates. The St. James's Place Academy provides a two-year career change opportunity for outstanding military officers and NCOs, with no previous experience of delivering financial advice, to become qualified financial planners. Use your skills to build and manage your own successful financial planning and wealth management business or join one of our many established St. James's Place Practices as an Adviser. You will be backed by a FTSE 100 company and one of the UK's leading and most prestigious wealth management firms, St. James's Place Wealth Management.

To find out how we can help you take control of your future career, email sjpacademyuk@sjp.co.uk or visit www.sjp.co.uk/academy

A new way we are diversifying our workforce



Since the beginning of 2020, the world has experienced unprecedented times with the coronavirus pandemic. While various industries have been impacted during the global COVID-19 outbreak, we continue to see huge growth globally, giving us the opportunity to further grow and diversify our workforce. The people of Equinix – employees, customers, suppliers, and the communities where we work and live – are central to our success.

Equinix is a global data centre and interconnection company, securely connecting the world's leading businesses to their customers, employees and partners. Operating in over 50 markets across five continents, Equinix has data centres all over the world, enabling almost 10,000 companies to come together to create and integrate their own digital platforms – allowing them to compete in today's digital era. Our efforts have allowed us to continue to support our customers' digital transformation, leading to us being able to announce our 70th consecutive quarter of growth.



At Equinix, we pride ourselves for our culture where all employees feel “I’m safe, I belong, I matter”. We are on a journey to embed diversity, inclusion and belonging in all our business activities and we are constantly investing in the employee experience with a focus on attracting, inspiring and developing a diverse global workforce. In order to further diversify our workforce and further support the communities we operate in by creating opportunity for those affected by the current pandemic and resulting economic crisis, we introduced our Equinix Career Transition Programme.

The Career Transition Programme is aimed at drawing talented individuals from outside the data centre sector to our Field Operations teams who are interested in working as Data Centre Technicians and Electrical and Mechanical. The programme will allow individuals to pursue a career with us across our various sites in London, Slough and Manchester. Equinix will facilitate training courses specifically designed to enable these workers to successfully transfer their skills and knowledge into a data centre environment. We recognize that with the right training, many talented workers in other industries could bring unique perspectives and skillsets to our company.

At Equinix we strive to maintain our extraordinary place where people are proud of where they work. It is important for everyone at Equinix to know that they belong, that they are part of a bigger purpose, valued for their unique contributions and are proud to work at Equinix. It is in our values to embrace diversity and we believe that the more diverse voice we have, the more successful we will be and happiest our workforce will be.

If you are interested in finding out more about our Career Transition Programme for the Data Centre Technician, and for the Electrical & Mechanical Engineer role, you can visit our career site

<https://www.equinix.com/company/careers/>

To find out more about Equinix, our industry, current trends and how we have supported our people, you can visit our blog <https://blog.equinix.com/>



NO FUELS EXPERIENCE NECESSARY

What we offer:

- Competitive salary
- Industry leading training
- Excellent company benefits, including:
 - 28 days holiday
 - Competitive pension scheme
 - Life assurance
 - Cycle to work scheme

We currently do not have any vacancies however please do check our website as this is updated frequently –

<http://jobs.hoyer.uk.com/vacancies>

'A calm sea never a mariner made'

A crisis is an opportunity for leadership

'When there's a crisis, who do you call?' The Royal Marines train to operate in crises; in chaos; in a VUCA (i.e. volatile, uncertain, complex and ambiguous) world. In 2020, everyone is in the VUCA world. BUT, without the Royal Marines training, skills and collective courage in action and resilience.

The Royal Marines are one of the world's most respected high performing teams. How do they perform to such high-levels day in day out and during a crisis? Collective Action.

Crisis leadership is about **ACTION**. No action, no leadership; and, no end to crisis. **Crisis**: "turning point esp. of disease, time of danger, or suspense in politics, commerce etc." (The Concise Oxford Dictionary). We have a perfect crisis (storm!): the crisis we all face and fear re the pandemic, the economic crisis and the potential political crisis if politicians do not rise to the challenge. Along with any other crisis that 'pops up'.

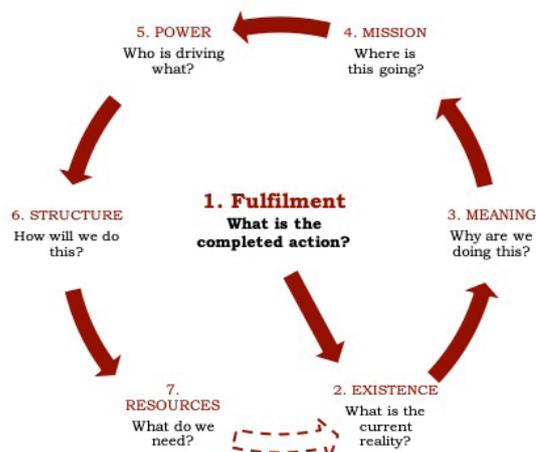
Ask anyone in your team: "What is 7x7?" All of them will know the answer is 49, even if you have to correct some of them under the pressure of your questioning! Ask anyone in your team "what is leadership" and you will need to grab a wet (coffee/tea)! And you will likely hear very differing answers – and none definitive as '49.' Yet leadership is key to getting stuff done – which is the back-bone of nearly every business/organization.

Leading in Crisis - a transferable skill?

The Royal Marines get an edge because they think, be and do faster and smarter than 'the competition' in getting stuff done – and get ahead of any crisis. How?

By using a common approach with a common framework and a common language to communicate **ACTION** in order to garner a shared understanding and generate alignment. That way the Royal Marines can focus more of their highly talented people, and stakeholders, on getting more stuff done and solving problems fast. Simple.

Leadership LENS® - Seven Questions Framework



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Part of the Leadership Eye range.



Ask yourself, in a VUCA world has anyone successfully framed leadership in a similar way to the Naval Service and military? Individually, team and organisationally?

Having a systemic approach develops understanding across an organisation even when working remotely – to getting stuff done and greater productivity; it builds a sustainable leadership capability enabled by definitive decision-making and problem-solving; and, it encourages the adaptive skills of your people and teams to navigate a volatile, uncertain, complex and ambiguous (VUCA) world. Essentially, it's like everyone having a human app, to:

1. *Frame 'What's Really Going On?'*
2. *Focus the Team*
3. *Forge Alignment*
4. *Accomplish your mission - Fulfillment*



And why is this important? Because, Sir Charlie Mayfield (of John Lewis Partnership), when Chair of the UK Productivity Leadership Group, stated that the £130,000,000,000 (that's billions!) prize of latent UK Productivity was all about 'leadership + action through engagement' i.e. the hallmarks of the Royal Marines; and indeed, the Royal Navy and Armed Forces.



The Naval Service and 'Civvy Street' are not so different. By focusing everyone's contribution to leading in crisis it not only provides a competitive edge, it also fosters many other benefits: improves morale, make smarter decisions, drives change, solves problems faster, aligns teams and the organisation, elevates team performance, retains talent, improves strategy into action, and creates a more adaptive workforce thus increasing productivity and wellbeing.

Afterall, 'raising your leadership performance by 0.1% can increase your productivity by 10%' (UK Government, Office of National Statistics). Now that seems like a very sound reason to employ a Royal Marine; or matelot or service personnel / veteran.

This article is an extract from Leading in Crisis – a series to help leaders and teams to overcome any storm. It is a result of conversations with WEA's Dom Hill (Director of Employment Services) relating to the transferability of leadership skills across the ranks of the Armed Forces to civilian employment in order to bolster service personnel / veteran employability and to promote a much needed skill across UK plc.

Any questions or comment or for a copy of Leading in Crisis – please contact Neil.

Neil M Bennett
Lieutenant Colonel (ret) Royal Marines
International Facilitator, Coach, Consultant
neil@theexetergroup.co.uk



Serco needs your military experience at RNAS Culdrose and Yeovilton



Here at Serco we have been awarded a £20 million contract to provide Aircraft Engineering Support and Airfield Services (AESAS) across Royal Naval Air Stations (RNAS) Culdrose and Yeovilton. The contract will commence in January 2021 and is for four years and three months with a 12-month extension option.

The contract will deliver aircraft engineering support to the Royal Navy's Merlin Helicopter Force and Wildcat Helicopter Force based out of RNAS Culdrose and RNAS Yeovilton respectively, enabling the Royal Navy's operational capability and airworthiness of the rotary fleets.

Additional services include maintaining the specialist ground support equipment for both aircraft types, providing refuelling services at both air stations and administrative support including operational planning support to 736 Naval Air Squadron at RNAS Culdrose. The contract will also support flying training with simulator instructors.

Make a difference every day

As well as seeing around 100 individuals moving over to join Serco within this new contract, we're also pleased to be releasing a number of other exciting opportunities. With our ongoing relationship with the White Ensign Association we'd be especially keen to hear from members with experience in the following areas:

RNAS Culdrose

- Operational Support Engineering Lead. – Working on-site you'll be the Engineering Lead for the Operational Engineering team for the Merlin Helicopter Force.
- Air Engineering Writer Supervisor – In this role you'll carry out data integrity tasks and the tasks of an AEO Writer for the Operational Support team.

RNAS Yeovilton

- Site and Engineering Lead AESAS – As the senior-most Serco manager on site you'll lead and coordinate all activity to ensure the safe delivery of all contractual and engineering matters for the ASEAS contract across both sites.
- Aircraft Senior Supervisor (Mechanical Airworthiness Reviews) – With your extensive knowledge of the MOD's Maintenance Approved Organisation Scheme you'll ensure that the Merlin and Wildcat aircraft are safe and ready for deployment when required; and that all reviews are carried out in accordance with the Duty Delivery Holders direction.
- Authorisations Coordinator – Using STARS (Squadron Training Achievement System), the Authorisations Coordinator position will manage 846 Naval Air Squadrons authorisations including controlling Technical Record Cards.
- Aircraft Supervisor (Data Integrity) – As an experienced Aviation Engineer who holds a Certificate of Competency, you'll take up the responsibility for the engineering records for both 845 and 846 Naval Air Squadrons, ensuring that they are accurate and up to date.

We value your military experience

At Serco we have long recognised the value that ex-service personnel can bring to our business including a can-do attitude, excellent project management, strong leadership and effective communication skills. This is why we employ more than 2,400 people with military backgrounds within our UK businesses.

Having helped thousands of people make the successful transition from a life in the forces we understand it is not just about finding the right environment and role but having a network of people around you who have also made the transition and are here to help. At Serco you will never be short of support.

If you are interested in joining the team at Culdrose or Yeovilton, or would like to know more about the career paths open to service leavers then email Charles.Cowin@serco.com or visit <https://www.serco.com/uk/careers/forces-leavers-reservists>

The White Ensign Association Charity Bike Ride 2020

The White Ensign Association would like to thank Matt Sellick, former Royal Navy Sailor, and his team, for raising more than £7000 for our charity. We are also most grateful to our Industry Partner, Morson International, for their substantial support to the team, who cycled from RNAS Yeovilton to RNAS Culdrose and back. Below is an article from Matt about his motivation for the ride, its planning and the event itself, which took place over four days in early September.



“I don’t feel too bad, I’ve had a little bit of time to rest now. I don’t think it’s quite sunk in yet that it’s all done and dusted.”

Morson’s Matt Sellick, former Royal Navy sailor and Morson International ex-forces recruiter based out of Yeovilton, was taking part in a routine health MOT in late 2019 courtesy of Morson’s health & wellbeing programme when he found himself concerned by the results.

“I found out that I had high blood pressure, high cholesterol and after blood tests found that my kidneys and liver were in bad shape. At 38 this put me at a high risk of a stroke or a heart attack, so I realised I had to change my diet and start some form of physical exercise.”

It was then that Matt joked with his colleagues about riding his bike from RNAS Yeovilton to RNAS Culdrose, a distance of 360 miles across demanding terrain. Pretty soon the joke turned into a serious idea and allied with Morson’s Tony Beaumont and representatives from Leonardo Helicopters and the Royal Navy, the plan was set in place to embark on the ride in September.

The ride was to raise money for the White Ensign Association, a registered charity founded in 1958. It was set up to provide a financial advisory service of the highest calibre for all serving and retired personnel of the Royal Navy, the Royal Marines and more. Over the years, the role has developed and expanded to include the provision of assistance in resettlement and employment in civilian life.



We caught up with Matt to talk us over the experience:

“I was training for months and slowly improving. Then the last 8-10 weeks before the ride itself ramped up massively in terms of the training and planning, as well as the push for the fundraising. It was quite nonstop. All my training had been on my own pretty much because of the lockdown, we only went out a few times as a team. I was kind of winging most of the training to be honest!”

Pretty soon the day arrived and the riders left RNAS Yeovilton accompanied by an escort of vehicles playing music.

“I was a little bit nervous the week before the ride and as we were leaving Yeovilton. But then you get your head down and concentrate on the ride itself and it went quite quickly to be honest. You didn’t really have a lot of time to think and that was the case throughout. It was early starts every day and then by the time we were getting into the hotels it was late and we had maybe half an hour turnaround times before we had to eat dinner. Then it was back to the hotel at 10am and up again at 6:30. For those four days we didn’t have the time that you normally might after a long ride to have a long bath or a rest! It was full on.”

The first day of the ride was around 100 miles long, with the team getting to know each other. It wasn’t until getting up on the second day that it occurred to Matt that it wasn’t just a one day ride and that the toughest part was still yet to come.

“Then halfway through day two I blew my knee out. I’d had my cleats replaced on my shoes and I didn’t get them fitted properly and it wasn’t aligned properly. I hadn’t had injury throughout training at all but then halfway through the second day with this every pedal stroke with my right leg was agony really. But I got through it with paracetamol and determination.”

With a couple of stops a day for refreshments and lunch, the team powered through long days. In the evenings after every ride the team enjoyed a meal out and drinks.

“On day two there were a lot of bottles of wine and prosecco, everyone was on the gin and I was thinking, wow, we’ve got to do another 88 miles tomorrow and it’s not even the last day! I guess because you top yourself up so much with your multivitamins and hydration tablets and gels to keep your levels topped up you’re not really that dehydrated anyway.”

“Day three was horrible, I think it might have been the worst day of my life! Not just because of the injury but because of the amount of climbing that we were doing in one day. That third day on its own you wouldn’t want to put with any other day in a row at all but the fact that it was after 100 miles on day one then 80 miles on day two. THEN we were climbing up across Bodmin Moor. It was the worst day and the team had to drag me through that a bit. Some of the other riders who were a lot more experienced than me were finding it tough. That sort of made me believe that I could do it, because if these experienced riders were struggling then I wasn’t alone.”

Day four provided some relief for the riders with a final stretch that was consistently downhill towards the finish line back at RNAS Yeovilton. “Me and Tony Beaumont at the front setting the pace for the last 30 miles. The adrenaline was there, and we knew there were no hills left. I thought I’d be a bit more emotional at the end. But I think I was just too tired and emotional. We went for a couple of drinks at the local pub afterwards and the CEO of White Ensign Association was there and the second in command of Yeovilton met us. I was just too tired to let it sink in. I had a busy few days after the ride which didn’t really help because I didn’t rest the knee enough!”



Despite the strain of completing the ride, it’s not put Matt off further challenges in the future.

“I was really surprised by the level of support actually. I was putting it out on social media a lot to try and fundraise and keep people engaged in my training. Some of the people who had followed the stories and then donated were some people I’d not seen since school. They were on my Facebook but I’d never met them. Seeing the gratitude of the charity at the end really meant a lot too. I had a handwritten letter from Lord Carlile. He was going to come to the finish line, but he was busy in the House of Lords that day!

“If we can raise £7,500 by me joking in the office that I’m going to cycle from Yeovilton to Culdrose and back during a pandemic, then the next challenge I could maybe be a bit more adventurous on.”

YOUR WHITE ENSIGN ASSOCIATION

The White Ensign Association was created almost 60 years ago in a collaboration between senior figures in the City of London and the Board of the Admiralty, and the makeup of its council of trustees today still very much reflects its maritime and financial roots with a mix of influential figures from the City and distinguished retired senior officers. They charge the small staff of the WEA with the performance of four key roles in support of serving and former members of the Royal Navy and Royal Marines, and their families:

- Guidance and advice on the transition from a career and life in the Royal Navy to one out of uniform.
- The provision of unbiased and professional guidance on matters of personal finance including financial awareness training for all newly joined sailors and marines.
- Advice and assistance on all matters of civilian employment including job hunting techniques, CV guidance, mentoring, business start up and self-employment.
- Assistance and support on welfare and personal matters.

EMPLOYMENT SERVICES FROM THE WHITE ENSIGN ASSOCIATION

If you are preparing for employment outside the Service, The White Ensign Association can help you with a number of issues, including:

- CV and Covering Letter Advice
- Interview Skills
- Networking
- Industry and Sector Advice
- Job Hunting and Career Planning
- Introduction to Industry Partners as appropriate
- The Association also has a number of Mentors and Network Advisers that can help you with various specific areas of your employment journey

We provide individual, bespoke and in-depth advice and pride ourselves on the quality of our advice as well as our highly personalised approach to our clients.

YOUR WEA TEAM

Chief Executive and Area Representative
for the South & South East -

Captain John Lavery MVO Royal Navy

Director Finance, Company Secretary & Area
Representative for Central, North, Scotland & Overseas -

Lieutenant Commander Mike Howell Royal Navy

Regional Manager South East -

Mr David Scholey

Regional Manager South West -

Mr Martin Small

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